

## Why Men Take Mastin's Yeast Vitamon

Tablets—To Clear The Skin and Put On Firm Flesh

Easy and Economical Results Quick



Of what use are fine features with an ugly, mottled skin, flabby flesh, sunken cheeks, pouches under the eyes, or a careworn, sickly-looking face?

If you want to quickly clear your skin and complexion, put some firm, healthy flesh on your bones, increase your nerve force and power and look and feel far better, simply try taking two of MASTIN'S tiny yeast VITAMON TABLETS with each meal and watch the results.

MASTIN'S VITAMON TABLETS contain not only the purest form of concentrated yeast vitamins, but all three vitamins scientifically combined with specially prepared organic iron for your blood, the necessary lime salts and other true vitalizing brain, bone and tissue making elements which Nature provides to produce real "stay-there" flesh, clear skin and increase energy.

Under their purifying influence, many embarrassing skin eruptions seem to vanish as if by magic, leaving the skin and complexion fresh, clear and glowing with ruddy health.

To protect yourself against imitations and cheap substitutes INSIST upon MASTIN'S to get the original and genuine VITAMON TABLETS recommended by physicians and used by millions. At all good druggists.

## Dizzy Spells

Are Usually Due to Constipation

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

**Nujol**  
For Constipation

## MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

**GOLD MEDAL HARLEM OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

## SAVE YOUR WHEAT

by giving it a top dressing of **Cochrane's Fertilizer**

Write for prices  
Cochrane Packing Co., Kansas City, Kas.

Behind in Those "Don't you think Maud is an up-to-date girl?" "Yes, except with her birthdays."—Boston Transcript.

AT THE FIRST SIGN OF A COLD—USE **CASCARA QUININI**  
WORLD'S Standard Cold and Flu Remedy  
M. S. HILL, CHICAGO, ILL. PRICE 40 CENTS

## The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

### LUKE FOUGHT HIS OWN WAR

Young Lieutenant's Devotion Lives on in Sister Now Cheering Ex-Soldiers in Hospitals.

Frank Luke's devotion to duty lives on in the character of his sister. The American ace who so gallantly gave his life one day in the early autumn of 1918 found the same joy in service to his country that Anna Marie Luke now finds in serving ex-soldiers in the hospitals of Phoenix, Ariz. Her songs are known wherever veterans are quartered, and her popularity at the American Legion post, which bears her brother's name, is often remarked.

Further honor was recently paid the memory of Lieutenant Luke when the Italian Croce di Guerre was awarded him posthumously. The cross, with a certificate of award signed by General Diaz, is now in possession of the late officer's family, together with a Congressional Medal of Honor, a Distinguished Service Cross with oak leaf cluster, and several minor decorations.

The lieutenant was one of the best known and most picturesque flyers in any army. Working for the most part without orders, he practically fought his own war. He would load up with bombs, fly far back into German territory, take on any odds that happened to fall to him, and work destruction wherever he went.

Known by reputation to every man in the A. E. F., he represented all that was romantic in modern warfare. He fell in action with enemy airmen near Murvaux, after a forced landing of his plane. He had previously shot down three German balloons while under terrific fire from ground batteries.

How would you look if a slacker back in the States had taken your job and married your girl? No, that didn't happen to Sergeant William Mettlen of Omaha, Neb., but he was told to imagine that it did while signal corps photographers were taking his picture to represent the "typical American fighting man." The photographers, on an official mission from the government, scratched their heads a long while before they thought of anything that would make him look fierce enough.

If you want to be "typical" you will have to stack up as follows: Height, 5 feet 10½ inches; weight, 100 pounds; hair, light brown, and eyes, blue. Mettlen's other specifications are that he enlisted when nineteen years old, while still a freshman at Nebraska university; that he was cited four times for bravery; that he is as active in the American Legion now as he was in the Sixteenth Infantry then, and that, in addition to being a typical American, he is Scotch-Irish.

### THE "TYPICAL" YANK FIGHTER

Sergeant William Mettlen, Omaha, Stacks Up With All the Required Dimensions.



On the architrave of the monument are carved the words, "Children of a Common Mother," to perpetuate the idea of the triangular relationship between England and her two American offspring.

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### "Second Annual Tour."

Spurred by the success of its tour of Europe last summer, Hyde Park post of the American Legion in Chicago has arranged for its "second annual tour" of the battlefields and principal cities. The party will start in the early part of June. A trip to Nice and Monte Carlo, excursions to Alpine mountains, a voyage down the Rhine, and several days in Paris are among the attractions which are making it hard for Legionnaires to "keep their minds on their work."

Ask \$15,000,000 for Hospital. Sixteen million dollars have been asked from the federal government by the American Legion, for construction of hospitals in New York state.

### HARRY WONG TI, LEGION MAN

One of China's Most Active Sons in New York; Worker for His Organization.

The long-tailed queues and honorable garb of the celestials, the dangerous dives and the ornate joss-houses are pointed out to sight-seers aboard New York's rubber-neck busses rambling through Chinatown. But perspicacious persons realize that "China in America" is represented as often by clean-cut



young men as by long-haired ancients.

Harry Wong Ti, who served in the Seventy-seventh division, is one of China's most active sons in New York. One of three American-born Chinese ex-service men of the John Purroy Mitchell post of the American Legion, Ti is busily occupied in raising funds for a leap-to at the veterans' mountain camp in the Adirondacks. He also serves on the executive committee of his post.

In a recent round-up of slackers in Chinatown several Chinese ex-soldiers assisted the Legion "detectives" in the work of tracking their quarry, and in many other ways Chinese service men have proved to the Legion, by their progressiveness and their initiative, how worthy they are as patriotic citizens.

### OLD GLORY AND UNION JACK

Emblems Float Side by Side Over Great Arch Astride Canadian and United States Border.

Astride the Canadian border at Blaine, Wash., is a great peace arch, celebrating a hundred years of friendly relations between Canada and the United States. Side by side float the Stars and Stripes and the Union Jack—a symbol of our international good will.

The vista of peace which American Legionnaires saw in their mind's eye through this portal gave them the name of their "Peace Arch post" at Blaine. At the time of the unveiling of the monument the Legion took an



The Great Peace Arch.

active part in the ceremonies, and represented with their unformed ranks the strengthening of the bonds of brotherly feeling with Canada which came as a result of the recent alliance against a common enemy for common ideals.

On the architrave of the monument are carved the words, "Children of a Common Mother," to perpetuate the idea of the triangular relationship between England and her two American offspring.

### Carrying On With the American Legion

A plea that all students at Nebraska university join the Legion "for the honor of the institution and the perpetuity of our country" has been made by Chancellor Avery.

The "Society of Military and Naval Officers of the World War" has come into existence in New York state. Plans are under way to make it a nationwide organization, with hereditary membership.

Ex-service men who ask for aid at Racine, Wis., receive no hearing unless they hold a letter of endorsement from the American Legion. "Impostors in bought uniforms" have brought on the move.

Many savings accounts have been opened with bonuses paid to ex-soldiers according to bankers in South Dakota, who deny charges of extravagant spending.

## "---and we are a healthy, happy family now"

—Louis Gingras



TINGLING with abundant energy, appetites hearty, nerves strong and steady and their faces radiant with the glow of perfect health, the entire family of Louis Gingras, 9 Harrison Ave., Providence, R. I., are an eloquent tribute to the powers of Tanlac, the greatest family medicine the world has ever known.

"I've put Tanlac to the test four times right in my own family and it hasn't failed me once," declared Mr. Gingras. "My wife, my son and my daughter, as well as myself, have all been built up from a half-sick, run-down, worn-out set of people into a healthy, happy family brimful of new life and energy."

And the experience of this family is only typical of thousands of others whose statements are on file in the Tanlac offices. Hardly a day passes that does not bring scores of such messages of praise from every part of the United States and Canada from families where mother, father, son and daughter have all found health, contentment and the joys of living through simply taking a course of Tanlac.

Take, for instance, the case of John Widner, 1571 Roosevelt Ave., Los Angeles, Calif., who says: "My wife, myself and little boy are now as healthy, happy family as you will ever see—and it's all due to Tanlac."

Or that of Mrs. John Marquis and her family of sixteen living in Manchester, N. H., at 292 Belmont St. She says: "Tanalac has been the only medicine used in our house for two years and it has kept every one of the sixteen here in the best of health."

In Chicago, Frank R. Richards, of 441 South Wood St., writes: "We will never be without Tanlac in our house after the remarkable way it has built up my wife, my son and myself to where we are the very picture of health."

Representative of New York is the case of Chas. E. Van Colt's family, residing at 129 Fourth Ave., Albany. He says: "Every member of our family is enthusiastic over Tanlac. It's certainly a medicine for all the family."

From far-away Canada comes this message: "My little girl, my son and myself are all enjoying splendid health now and Tanlac brought it all about." Mrs. Bert Hewer, 193 East Avenue, Toronto, Ontario.

"We call Tanlac 'The Family Medicine' here in our Virginia home, because it restored my mother and sister to perfect health, just the same as it has done me," is the enthusiastic statement of Mrs. J. F. Robertson, Danville, Va.

And on through the list, men, women and children from every state in the Union and every province of Canada unhesitatingly come forward and tell in words ringing with sincerity of the wonderful benefits of health and happiness that Tanlac has brought into their homes that were formerly darkened by the gloom of sickness, suffering and despair.

And should years be one of those homes where any member of the family is thin, run down and weakened from loss of appetite, caused by indigestion and stomach troubles, you have at your very door the means that will no doubt bring the sunshine of vigorous health back into their lives and yours, just as it has done in so many thousands of other cases. Do not delay. Get a bottle of Tanlac from your druggist today.

## Horses Coughing? Use Spohn's Distemper Compound

To break it up and get them back in condition. Twenty-eight years' use has made "SPOHN'S" indispensable in treating Coughs and Colds, Influenza and Distemper with their resulting complications, and all diseases of the throat, nose and lungs. Acts marvelously as preventive; acts equally well as cure. SPOHN MEDICAL COMPANY, GOSHEN, INDIANA

**Folks and Flowers.**  
Mrs. Kowler—Those new neighbors of ours must be rich, judging from the clothes they wear.  
Mrs. Wyse—That's a poor way to judge, my dear. Some of the most gorgeous flowers haven't a scent.—Boston Transcript.

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*  
In Use for Over 30 Years.  
Children Cry for Fletcher's Castoria

**Quick Lunch.**  
Pig and hen chatting together on the railroad tracks. Toot-toot! Ham and eggs.—American Legion Weekly.

**Cat and Kitten.**  
Kitty—That man over there is staring right at my nose.  
Kat—Maybe he's a reporter.  
Kitty—But why should a reporter stare at my nose?  
Kat—Well, they're supposed to keep their eyes on everything that turns up, aren't they?

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.—Advertisement.

Sympathy never approaches with the idea that your troubles "should teach you a lesson."

The things that come to the man who waits are seldom the things that he has been waiting for.

**Genuine**

**BAYER**

**Aspirin**

WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Headache	Colds	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monacettchemische at Elberfeld